

There's no power like

# Mom Power



You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them fat-free or low-fat (1%) milk and yogurt at meals and snacks.

## Why switch to lower fat milk.

Fat-free and low-fat (1%) milk are better for the health of you and your children. They deliver the same nutrients as other milk without the saturated fat. The saturated fat in other milk increases the risk of heart disease. Plus, fat-free and low-fat milk have fewer calories. And controlling calorie intake helps manage body weight.



Try these tips to help make the switch to low-fat milk easy for you and your family:

## Take it slow.

If your young child or family is drinking whole milk, first change to reduced-fat (2%) milk for a few weeks, then switch to low-fat (1%) milk. Later, you can try fat-free milk.

## Try low-fat yogurt.

If some family members don't like milk, try offering low-fat or fat-free yogurt.

## Keep it fun.

Prepare snacks and meals together. Make smoothies by blending together low-fat (1%) milk, their favorite fruits or 100% fruit juice, and fat-free yogurt.

## Make it special

On cold days, we enjoy hot milk with cinnamon and a touch of vanilla extract.